

Building Coalitions to Improve Latino Health: The Community Health Engagement Program example

David G Marrero, PhD

Director, Diabetes Translational Research Center

Co-Director, Community Health Engagement Program

Indiana University School of Medicine

The Shifting Demographics of the Midwest

- The last decade has seen a significant growth of the Latino population in the Midwest
- Poor data documenting demographic patterns
 - Evidence of increasing direct migration
- A strong need to establish clear mechanisms to integrate Latino Newcomers

The Changing Face of Indiana

- Latinos make up more than 5% of the total population of Indiana
- Indiana ranks 21st among states for the size of its Latino population
- Projects growth:
 - Latino population will increase by more than 15% between 2005 and 2015
 - More than 20% between 2015 and 2025

Challenges

- The existing infrastructure of Indiana is not well designed to handle bilingual populations with differing cultural perspectives
- A need to reassess the environment for institutional development on behalf of newcomer integration; particularly as it relates to health care.

Major Health Care Challenges in Indiana

- Access to Care
- Asthma
- Dental Health
- Diabetes
- Immunizations
- Infant Health
- Injury and Violence Prevention
- Lead Poisoning
- Mental Health
- Overweight and Obesity
- Sexually Transmitted Infections

(Community assessment report, 2008, United Way of Central Indiana)



community health engagement program

www.indianactsi.org/chep

What is Community Health Engagement Program?

Component of the Indiana Clinical and Translational Sciences Institute (CTSI), funded from the National Institutes of Health (NIH)

Collaboration between Indiana University, Purdue and Notre Dame

CHEP was created to assist researchers in translating research findings to the broader Indiana community

To develop effective and widely implemented therapies, we need to:

- **understand the people who might benefit from it**
- **figure out best ways to place it into the context of lives and communities.**



The CHEP Mission

**Promote collaboration among
community partners throughout
Indiana to improve research, health
and healthcare.**

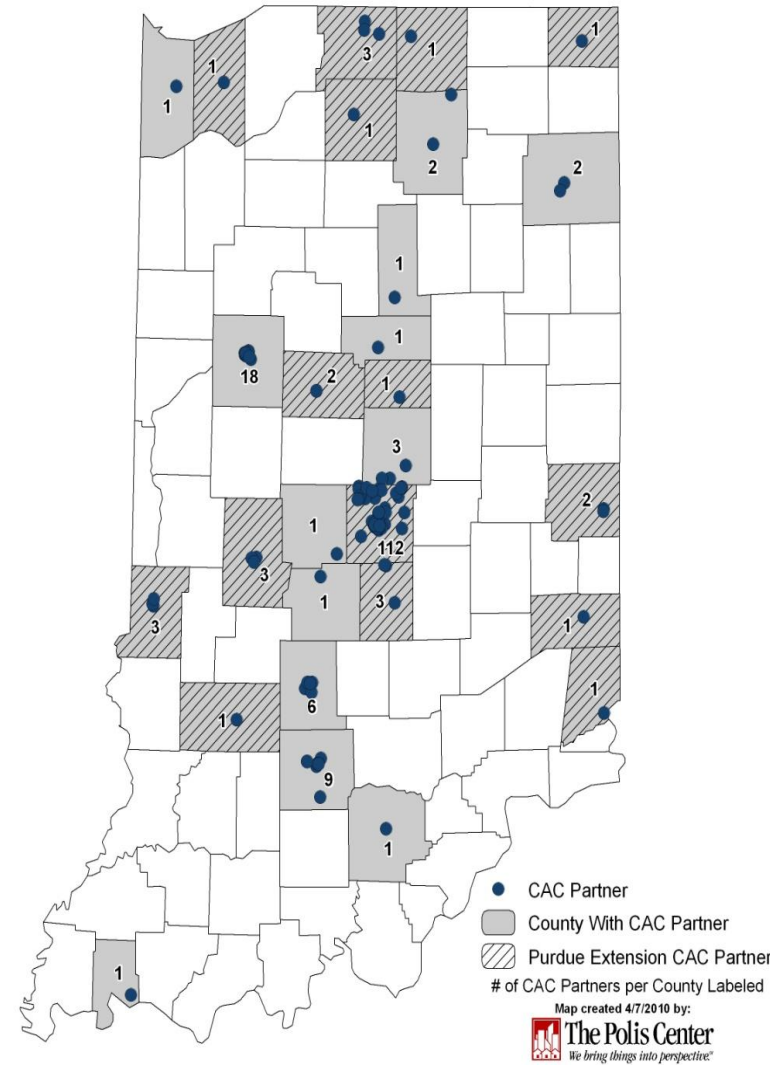
Community organizations play a vital role in this process by partnering with scientists and researchers.

**CHEP has a consortium of over 200
community partners that comprise our
Community Advisory Council (CAC).**



CAC Partners:

Indiana Commission on Hispanic/Latino Affairs
Institute for Latino Studies
Clarian Health
Family and Social Services Administration
BioCrossroads
Roche
Wellpoint
Indiana Economic Development Corp
Indiana Department of Health
Marion County Health Department
YMCA of Greater Indianapolis
Fairbanks Institute for Healthy Communities
Indiana Commission for Women
Boys & Girls Clubs of Indianapolis
March of Dimes
And many more.....



CHEP Services

EDUCATION AND TRAINING

- community workshops,
- discussions and presentations
- mechanism for disseminating results of community research studies

COLLABORATION OPPORTUNITIES

CHEP organizes forums to strengthen collaborations between community and academia.

ACCESS TO PARTNERS

access to a network of over 120 local community members and researchers,

CONSULTATION SERVICES

CHEP assists with the development, implementation, and evaluation of community engaged research protocols.

PROMOTION OF COMMUNITY EVENTS

CHEP helps community partners become aware of community events and opportunities.

A successful example of community-based participatory research

- **The Diabetes Prevention Program (DPP)**
- **A 58% reduction in the development of new cases of diabetes was achieved as a result of the DPP.**
- **The DPP was more successful than medication in reducing the development of new cases of diabetes.**
Exercising

How do we bring the DPP into the Public Health?

- Designed as an efficacy trial with no regard to cost
- Required a redesign of the way the intervention was implemented:
 - Shift from individual coach to group format
 - Moved into the community
 - Taught by community members; not health care professionals

Diabetes Prevention Program in the YMCA of Greater Indianapolis

The YMCA of Greater Indianapolis has partnered with the IU School of Medicine to adapt the DPP to community-based settings. The program has been simplified to make administration and monitoring easier for participants and community-based agencies.

Community Partner – The YMCA?

- Lower Cost Programs
 - Lower cost “lay” group leaders
 - Operate to achieve cost recovery only
 - Policy to turn no person away for inability to pay for a program (financial assistance)
- Promise for National Scalability
 - 2,600 YMCAs in U.S.
 - 42M U.S. families within 3 miles of a Y
 - History of national program rollouts (arthritis)

Design

- Matched pair, group randomized pilot trial
- Adults living within 5 km of 2 community YMCAs
- Participants
 - Overweight/obese
 - CCBG 110 – 199 mg/dL
 - ADA Risk Score ≥ 10
 - Allocated based on YMCA site for screening
- Intervention – Offered group-based DPP
- Control – Basic advice & other Y programs

Results after 4-6 months

	Brief Advice (N = 38)	DPP (N = 39)	p- value*
Weight (%reduction)	-2.0%	-6.0%	<0.001
Change SBP (mmHg)	-2.3	-1.9	0.88
Change A1c (%)	-0.1	-0.1	0.96
Change TChol (mg/dL)	+6.0	-21.6	<0.001
Change HDL (mg/dL)	+2.1	+1.1	0.68

Results after 12-14 months

	Brief Advice (N = 33)	DPP (N = 29)	p- value*
Weight (%reduction)	-1.8%	-6.0%	0.008
Change SBP (mmHg)	-2.7	-1.6	0.78
Change A1c (%)	+0.03	-0.1	0.28
Change TChol (mg/dL)	+11.8	-13.5	0.002
Change HDL (mg/dL)	-1.4	+1.9	0.10

Minimizing Program Costs

Cost Category	Original DPP	No Incentives	Group Format	Group Format – YMCA Instructor
Personnel	\$794	\$794	\$156	\$131
Supplies	\$11	\$11	\$11	\$11
Incentives	\$123	\$10	\$10	\$10
Overhead	\$548	\$548	\$108	\$51
Total	\$1,476	\$1,363	\$284	\$203

Summary

- **Latinos are a rapidly growing population In Indiana that will have significant influence on the states social and economic status**
- **Increasing need to assess the infrastructure to support this demographic shift**
- **Both health care services and research needs to integrate Latinos**
- **CHEP is one vehicle to help accomplish this**

Partner with CHEP

Contact us at:

CHEP@iupui.edu

www.indianactsi.org/CHEP

317-278-3361